

KIDS PROGRAMS

Winter 1: Jan 3–Feb 18



Dance Combo

An active dance class including ballet, jazz, zumba, and hip-hop!

Fridays • Jan 14–Feb 18
Ages 4-8 • 4:30-5:15PM
Ages 9-12 • 5:15-6:15PM



Take a Bow!

Become a triple threat performer and learn singing, acting, and dance all in one!

Mondays • Jan 10–Feb 14
Ages 5-8 • 4:30-5:30PM
Ages 9-12 • 5:30-6:30PM



Youth Circuit Training

Get moving with a personal trainer, have fun, and get fit!

Tuesdays • Jan 4–Feb 1
Ages 10-14 • 5:00-5:45PM
*Pay by the class



Fit Kids

Age-appropriate exercises and activities led by a personal trainer.

Thursdays • Jan 7–Feb 11
Ages 7-10 • 5:00-5:45PM



Tumbling

Have fun through tumbling! Develop coordination, flexibility, and self-confidence. Beginner friendly.

Wednesdays • Jan 12–Feb 16
Ages 3-5 • 4:30-5:15PM
Ages 6-8 • 5:15-6:00PM



1,2,3 Dance with Me

A parent and child program that includes singing and movement to fun, upbeat music.

Thursdays • Jan 14–Feb 18
Ages 6mos-3yrs 10-11AM



Indoor Soccer

A non-competitive program designed to improve coordination, striking, skills & drills and to get ready for next soccer season!

Tuesdays • Jan 11–Feb 15
Ages 4-5 • 4:30PM–5:15PM
Ages 6-8 • 5:15PM–6:00PM



Cycle Combo Jr.

Designed for kids to get the feel of riding bikes with friends, listening to music they love, and getting fit! Must be able to reach the pedals.

Thursdays • Jan 6–Feb 10
Ages 9-14 • 5:00PM–5:45PM



Group Swim Lessons

Jan 3–Feb 12
Monday/Tuesday/Thursday/Saturday
Aqua babies–Level 4/5
Ages 6 Months & up
Registration begins 11/29